



The Shredded University Protein Blueprint

How to Choose the Right Protein, At the Right Time, for the Right Goal

At Shredded University, protein is not treated as a generic checkbox. It is a strategic tool used to drive fat loss, preserve muscle, improve recovery, and control hunger. This blueprint shows you how to turn protein from a guess into a system you can execute daily.

- Which proteins do what
- When to use each type
- How protein choices change based on your phase (cut vs build)
- How to portion protein correctly for real results

Step 1— Set Your Daily Protein Target



Step 2 — Understand Protein Density

Not all proteins digest the same or affect hunger the same way. Think of protein sources on a spectrum from lean and fast to dense and slow. Use the right tool for the job based on calories, hunger, and timing around training.

1. Lean, Light, Fast-Digesting Proteins

Best for aggressive fat loss and around training when you want high protein with minimal added calories or fats.

Examples

- Egg whites
- Chicken breast
- Turkey breast
- White fish (cod, tilapia)
- Shrimp
- 0% Greek yogurt
- Whey isolate

Best Used When

- Calories are tight
- You're cutting fat
- Pre- or post-workout meals
- You want high protein without extra fat

2. Moderate-Fat, More Satisfying Proteins

These help with hunger control, adherence, and recovery. Slightly slower digestion keeps you fuller longer, making them great at dinner or during maintenance phases.

Examples

- Whole eggs
- Salmon, sardines
- Lean ground beef (90–93%)
- Pork tenderloin
- Dark meat poultry

Best Used When

- Hunger is high
- Dinner meals
- Maintenance or light deficit phases
- Recovery needs are higher



Dense, Heavier, Slow-Digesting Proteins

Higher calories per bite. Powerful for building phases and strength blocks, but easy to overdo if you're not measuring. Use them strategically when calories are higher or appetite is low and you need to push intake up.

Examples

- Steak (sirloin, ribeye)
- 80/20 ground beef
- Lamb
- Whole-fat dairy
- Cheese

Best Used When

- Building muscle
- Strength phases
- Appetite is low and calories need to come up

Hard Truth

Eating dense, fatty proteins while trying to cut fat—without tracking—will stall progress. If you choose heavier cuts, measure portions and account for oils, sauces, and sides.

Step 3 — Match Protein to Your Phase

If You're Cutting Fat

Your goal is maximum protein with minimal excess calories. Structure most meals around lean sources and add strategic doses of satisfying proteins to stay compliant without breaking your deficit.

- Majority of protein from lean sources
- Strategic use of whole eggs or fatty fish for adherence

Cutting priority: control calories → preserve muscle → manage hunger.

If You're Building or Maintaining

Protein supports performance and recovery. Mix lean and moderate-fat sources to hit targets comfortably and support training.

- Mix lean and moderate-fat proteins
- Include omega-3 rich fish 2–4x per week

Building priority: fuel training → recover → grow.



Step 4 — Protein Timing (Keep It Simple)

You don't need perfect timing—just consistency. Spread protein evenly to keep muscle protein synthesis stimulated, manage hunger, and support recovery on both training and rest days.

Best Practice

- 3–5 protein-rich meals per day
- Each meal: 25–45g protein depending on body size

Training Days

- Pre-workout: lean, easy to digest

...



Step 6 — What Each Protein Is Best For

Beef

- Dense, filling, calorie-heavy depending on cut
- Good for energy and satiety

Best for: building, strength phases, higher calorie days.

- Fatty fish = recovery and joint support

Best for: fat loss, recovery, inflammation control.

Chicken & Turkey

- Lean, predictable, macro-friendly

Best for: fat loss, post-workout, consistent results.

Eggs

- Whole eggs = satisfying
- Egg whites = pure protein tool

Best for: breakfast anchors and flexible meal planning.

Fish

- White fish = lean cutting weapon

The Shredded University Daily Protein Checklist

Ask yourself:

1. Am I cutting or building?
2. Do I need lean or satisfying protein today?
3. Is this meal around training?
4. Is hunger a problem later in the day?
5. Am I measuring protein accurately?



Sample Daily Structures

Fat Loss Training Day

- Egg whites + fruit
- Chicken breast + carbs + vegetables
- 0% Greek yogurt
- Protein shake post-workout
- White fish + vegetables

Maintenance / Build Training Day

- Whole eggs + egg whites
- Lean beef + carbs
- Greek yogurt + fruit
- Protein post-workout
- Salmon + carbs + vegetables

Use these as modular templates. Slot in specific foods you enjoy that fit each category (lean, moderate-fat, dense). Keep protein consistent and adjust carbs and fats based on your phase and training demands.

- A custom protein target
- Exact meal structure
- Phase-specific planning (cut, reverse, build)
- Coaching accountability

Reach out directly

Website:

www.shreddeduniversity.org

Social Platforms:

www.link.me/johnFrancofit

Text: 805-600-2619

If you're serious about results, we build this specifically for you.

Ready for a Custom Plan?

This guide gives you the framework—but your body, schedule, and goals are unique.

If you want:



